

Community Classes

Beginning Ceramics

Ages: 7 - 11

Min 6/Max 16

Let your inner artist out! This introductory ceramics class is perfect for those looking to get their hands dirty and create! Students will learn and develop basic hand building skills and glazing techniques. Methods for creative expression will be taught and historical examples of ceramic art will be discussed. Come create, learn & enjoy!

Session & Dates	Day	Time
July 7 - Aug. 25	Wed.	6 - 7:30pm

Fee: \$30 + \$30 supply fee
(clay, glazes, firing)

Location: John Ryan Youth Center



Youth Yoga

Ages: 3 - 6 (S1); 6 - 11 (S2)

Min 5/Max 13

Yoga is a wonderful form of exercise for little ones. This fun, safe and non-competitive exercise is great for promoting concentration, body awareness, balance and focus. Children will enjoy this timeless form of relaxation and learning. Participants can bring their own yoga mat or one will be provided by the instructor. Children should wear comfortable, loose fitting clothes.

Session & Dates	Age	Day	Time
1: July 10 - 31	3-6	Sat.	1 - 2pm
2: Aug. 7 - 28	6-11	Sat.	1 - 2pm

Fee: \$32/session or \$10/class drop-in

Location: Adorni Center - Exercise Room



Sign up early!
Space is limited!



If you wait, you may find out the class or activity has been cancelled due to low registration.

Juggling

Ages: 7 - 12

Min 5/Max 15

Have you ever wanted to learn how to juggle? Have you seen a juggler at the fair and wondered how do they do that? Well now is your chance. Juggling is mastered by using both your left and right brain at the same time, come and put your brain to the test!

Session & Dates	Day	Time
Aug. 7 - 28	Sat.	3 - 4pm

Fee: \$20 + \$10 supply fee (juggling balls)

Location: John Ryan Youth Center



Intro to Circus Arts

Ages: 13 & up

Min 5/Max 15

Come clown around! This class will cover the basics of Circus Arts, while at the same time enhancing motor functions through hand-eye coordination and balance. Students will learn the art of clowning around while gaining fun skills and working with others.

Session & Dates	Day	Time
1: July 10 - 31	Sat.	1 - 2pm
2: Sept. 11 - 25	Sat.	1 - 2pm

Fee: Session 1 \$20 + \$25 supply fee (juggling equipment)
Session 2 \$15 + \$25 supply fee (juggling equipment)

Location: Municipal Auditorium



Instructors Needed!

The City of Eureka's Recreation Division is looking for quality instructors to enhance the variety of classes and workshops offered throughout the year at various facilities. The recreation staff will work with you to make the experience of teaching in the City of Eureka enjoyable and rewarding. **Instructors are key players in our efforts to meet the lifelong learning and recreational needs of Eureka citizens.** Please call 441-4244 to complete a new Community Class Proposal Application.

Community Classes

Drumming

Ages: 8 - 18

Min 5/Max 40

Enjoy an opportunity to learn drumming with guided instruction. Participants will learn drumming styles from around the world, how to utilize household objects for drumming, expression of ones self through drumming and how to function as a drumming group. This class is taught by two Humboldt State Percussion Graduates.

Session & Dates	Day	Time
July 1 - 22	Thurs.	12 - 2pm

Fee: \$48/session or \$12/class drop-in

Location: Municipal Auditorium



Dance Combo Class

Ages: 15 & up

Min 5/Max 35

A simple dance class covering such styles as Jazz, Lyrical, Hip-hop and Ballet. **No previous training or knowledge necessary.** Learn various dance styles and choreography! This class offers the perfect opportunity to learn something new and just have fun.

Session & Dates	Day	Time
July 7 - 28	Wed.	6:30 - 7:30pm

Fee: \$32/session or \$10/class drop-in

Location: Adorni Center - Exercise Room



Dancin' for Broadway

Ages: 16 & up

Min 10/Max 25

Learn to dance as they do on Broadway! In addition to learning to dance routines, participants will learn the history of Broadway. This class will help you learn technique, alignment and flexibility. This is a fun, upbeat class where goofiness is a must.

Session & Dates	Day	Time
1: July 12 - Aug. 2	Mon.	6:30 - 7:30pm
2: Aug. 9 - 30	Mon.	6:30 - 7:30pm
3: Sept. 13 - 27	Mon.	6:30 - 7:30pm

Fee: #1 & #2 \$30/session; #3 \$20/session

Location: Adorni Center - Exercise Room



Aerobic Hip Hop

Ages: 15 & up

Min 5/Max 35

A high energy, hip-hop influenced dance class. Learn new choreography and perform for your peers. Little to no previous technical knowledge or training necessary. All you need to know how to do is have fun, learn something new, and keep that heart rate up!

Session & Dates	Day	Time
July 8 - 29	Thurs.	6:30 - 7:30pm

Fee: \$32/session or \$10/class drop-in

Location: Adorni Center - Exercise Room



Junior Rowing Clinic

Ages: 13 - 17

Min 2/Max 13

Learn the basics of rowing, how to handle equipment, safety on the water, rowing terminology and the physical benefits of rowing. Rowing provides a low impact workout. No previous experience required.

Session & Dates	Day	Time	Fee
1: Aug. 2, 4, 6	M W F	3 - 5pm	\$150
2: Aug. 9, 11, 13	M W F	3 - 5pm	\$150

Location: HBRA Boathouse
(near Samoa Bridge)



Community Classes

Tai Chi Made EZ

Ages: 10 & up

Min 3/Max 15

Designed to stretch, limber, tone and strengthen the body, boost your immune system, improve focus, coordination and concentration. Includes special training in stress reductions and pain management through breathing techniques, acupressure, mindfulness training, chi kung postures and moving meditation. The best thing about this style of Tai Chi is that everyone can do it. **No previous experience required.**

Session & Dates	Day	Time	Fee
1: July 1 - 29	Thurs.	12 - 1:30pm	\$60
2: Aug. 5 - 26	Thurs.	12 - 1:30pm	\$48
3: Sept. 2 - 30	Thurs.	12 - 1:30pm	\$60

Location: Adorni Center - Conference Room



Puppy Manners

Ages: 18 & up

Min 4/Max 10

Here is an opportunity to socialize your new puppy and introduce them to other puppies. This class is open for puppies 2-5 months old and will provide information on socialization and basic training skills. A minimum of one of the following vaccinations required: DHLPP (Distemper, Hepatitis, Leptospirosis, Patrain-fluenza and Parvovirus).

Must bring copies of vaccination records when registering.

Session & Dates	Day	Time	Fee
1: July 3 - Aug. 7	Sat.	10 - 11am	\$50
2: July 28 - Aug. 25	Wed.	6 - 7pm	\$50

Location: Municipal Auditorium



**Register for
Summer classes &
programs today!**

Simply Cooking

Ages: 16 & up

Min 3/Max 10

Don't have a lot of time in the kitchen? Need some basic cooking skills? Then this is the class for you. Simply Cooking is an introductory class to the art of cooking balanced meals, while learning money saving and time saving tips. **Students are required to bring a cutting board, apron and knife.** Come sample what's cooking!

Session & Dates	Day	Time	Fee
July 7 - Aug. 25	Wed.	6 - 7:30pm	\$85

Supply Fee: \$50 (includes food & recipes)

Location: Adorni Center - Kitchen & Conference Room



Basic Dog Obedience

Ages: 18 & up

Min 4/Max 10

This is a great class for dogs six months and older to learn basic obedience and training skills such as the following: walking on a leash, sit, down, stay and come when called are some of the techniques that will be covered in this class.

Must bring copies of vaccination records when registering.

Session & Dates	Day	Time	Fee
1: July 7 - Aug. 11	Wed.	7 - 8pm	\$60
2: Aug. 25 - Sept. 29	Wed.	7 - 8pm	\$60

Location: Municipal Auditorium



Eureka Dog Park

*We have the site!
We have the plans!
We have the permit!
We need your help!
Donate today!*



www.eurekadogpark.com